

2010-11 Gymnastics, Tumbling & Fitness - ALL AGES

Session 1 Dates:

September 7 - January 29

NO CLASSES:

Nov. 23-28 & Dec. 19-Jan. 2

Tuition

Annual Registration Fee: \$40 per family

Discounts: 10% off 2nd class, 3rd class, etc.

| | 1 day/wk 45 or 60 min | 2 day/wk 45 or 60 min | 1 day per wk 80 min | 2 days per wk 80 min |
|---------------------------|-----------------------------|-----------------------------|---------------------------|----------------------------|
| Session 1 Paid in Full | \$272 | \$445 | \$359 | \$584 |
| Session 2 Paid in Full | \$272 | \$445 | \$359 | \$584 |
| Installment Plan* | \$59 | \$97 | \$76 | \$125 |

***Installment plan is broken into ten EQUAL installments (Sept-June), due at the first of each month with valid debit or credit card. You may choose to pay each payment with a check, however you must keep a credit/debit card on file in the event timely payment is not received. Otherwise, you will be charged a \$15 late fee and your child will not be allowed to participate until your account is current.**

Installment plan students are automatically re-enrolled in Session 2. Students may be dropped by written request during the year with 30 days notice. NO drops are accepted after May 1, 2011.

PLEASE NOTE:

Installment Plan Option is not a "monthly" payment plan. You are paying 10 EQUAL payments at the first of each month (Sept.- June).

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|--|---|--|
| | 9:45a Parent and Tot 9:45a 4's 9:45a 5's | | 10:45a Parent and Tot 10:45a 4's 10:45a 5's | 10:30-11:30a Preschool Playtime** |
| | 11:30a Homeschool | | 1:00p Homeschool | |
| 5:00p Beginning Girls | 5:00p Superstars*** | | 5:00p Superstars*** 5:15p Beginning Girls | 9:30a Parent and Tot 9:30a Beginning Girls |
| | 5:15p 4's 5:15p 5's | 5:00p 4's 5:00p 5's | 6:00p Belly Dancing | 9:30a Tae Kwon Do All Belts All Ages |
| | 6:00p Parent and Tot | 6:00p Yoga 6:00p Parent and Tot 6:00p Beginning Boys | 6:30p Advanced Girls* | 10:00a Pilates 10:30a 4's 10:30a 5's 10:30a Boys 10:30a Intermediate/ Advanced Girls* |
| 6:15p Intermediate Girls* | 6:15p Beginning Girls | | Tae Kwon Do 6:00p Beginning Juniors | <i>Open Gym</i> 7:00-8:30 |
| | Tae Kwon Do 6:00p Beginning Juniors 6:45p Advanced Juniors | 7:00p Intermediate Girls | 6:45p Advanced Juniors | |
| 7:00p Yoga/Pilates | 7:00p Zumba!! | 7:00p Prenatal Yoga | | |
| 7:30p-8:30p Drop-In Tumble | 7:20p Sports Readiness | 7:30-8:30p Drop-In Tumble** | | |
| | | | | Sunday |
| | | | | Party Availability |

*80-minute class—Girls, Instructor approval required
***Invitation only

Please see back for class descriptions and important info!
All classes are subject to change.
Please call for exact availability!



24501 Hallwood Ct
Farmington Hills, MI 48335
248-474-7778
www.conradsgymnastics.com

Class Descriptions

PARENT ASSISTED CLASSES

PARENT AND TOT- for boys and girls walking to 3 years. Using creative play and nurturing instruction, parents and their toddlers are introduced to the magic of gymnastics. They will learn such concepts as: next to, under, through and on top along with body awareness and social-building skills. Age-appropriate activities & a flexible class environment provide parent & child with the freedom to explore & enjoy movement individually. (45 min)

KIDS GO IT ALONE

FOUR's and FIVE's- for boys & girls age 4 and 5. The class will develop independence by having class without a parent. Coaches give children multi-step instructions and allow them independence in the gymnastic circuits. Let us lavish praise on your fabulous 4 and 5 year olds as we teach more advanced gymnastics. Develop hand-eye coordination, improved strength, gross motor proficiency, listening skills, flexibility & FUN! (45 min)

TEAM TRACKING CLASSES

SUPERSTARS INVITATION ONLY. Designed for girls with previous gymnastics experience who have demonstrated talent and desire to continue at a more challenging level. A child must be recommended by a coach for this class. (60 min)

GIRLS GYMNASTICS (ages 6 & up)

Focus is on all four events: Vault, Bars, Beam, Floor

Beginning Girls (1st grade and up) While your girls build motor skills, they will also show improvement in social and intellectual skills, along with listening skills, attention span, and the ability to follow directions.

Beginners' work on vault, bars, beam, floor, and trampoline. Basic terms, positions, and more. (60 min)

Intermediate: Girls who have begun to demonstrate a mastery of basic gymnastics skills. Students will begin using their basic skills to develop higher level skills. Must complete Beg. Girls or Eval. (80 min)

Advanced: By invitation only. For gymnasts looking for more of a challenge, or working towards recreational team. Lesson plans will focus on strength and conditioning while training USAG skills. *recommended 2 days/wk.* (80 min)

BOYS GYMNASTICS (ages 6 & up)

Students will train skills on the floor, p-bars, high bar, vault, still rings and pommel horse, w/additional skills on trampolines. (60 min)

TRAMPOLINE & TUMBLING (T&T) (ages 6 & up)

Tumbling and Trampoline: Safe progressions for trampoline, mini-tramp and floor tumbling. A fantastic, FUN sport! (Beginning/Intermediate/Advanced combined. 60 min.)

Drop-In Tumble: 3rd grade & up. Attention Cheerleaders and Dancers: Need your back walkover? Back handspring? Back Tuck? If so, this class is for you! This class is for students who want instruction on tumbling. (60 min)

FITNESS

Sports Readiness: (2nd grade & up)

Whether soccer, skiing, snowboarding, basketball, hockey, or gymnastics is your sport, this strength & conditioning class will improve muscle tone, prevent injuries, & keep athletes fit. (60 min)

For Homeschool, Cheer, Tae Kwon Do, and Adult Fitness descriptions see individual flyers.

How to ENROLL:

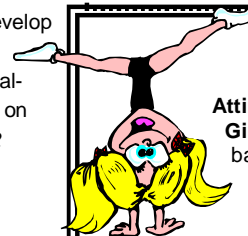
Call the gym with your preferred day and time and register with a credit card.

If you're signing up for the installment plan option you may register online at

conradsgymnastics.com

All families are encouraged to enroll as soon as you choose your preferred day and time.

CALL 248-474-7778



General Info:

Attire:

Girls: leotards, hair pulled back off face & shoulders, barefoot. No metal/hard plastic hair clips

Boys: shorts and tucked-in t-shirt, barefoot.

- **All participants must have a parent-signed release form on file to participate in class.**
- If your child is over 6, you may leave the gym during class time, as long as the staff has an up-to-date cell phone number
- Children are to be picked up promptly at the end of class
- Tuition/Installment must be paid in full at time of enrollment
- Children should place their belongings in cubby holes upon entering gym
- Children must wait in the lobby or on the bleachers until their coach calls their class to the gym area
- **Children are not allowed to be in the gym area when they are not in a supervised class.**

REFUND POLICY

If within your child's first 30 days at Conrad's you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for your entire first term. If after your child's first 30 days at Conrad's you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Absolutely NO refunds are given for Open Gym, Drop In, Private/Semi Lessons, and Rec Team. Please see office staff for account credit details.

MAKE UP POLICY

Students receive two (2) make up classes per child per full session. Missed classes must be made up during Open Gym before the end of the month in which your session ends. Absolutely NO make up classes can be made up in other preschool or recreational classes.



PRESCHOOL PLAYTIME is for all children from **18 months of age up to 4 years old**. Bring your preschooler to this open session we've created just for them. This special time allows you and your preschooler to explore the bars, tumble track, foam pits, floor area, beams, trampolines, and parachute fun- with the help of a preschool coach. Come spend quality time with your little ones as they develop coordination and balance, develop body awareness, make friends, and most of all, have FUN! (60 min.)

Pricing is drop-in, individual sessions. \$5.00 per child.